



## Rice Pudding

Top Rice Pudding with canned fruit packed in 100% fruit juice when fresh berries and mangos are not in season

**Makes 12 servings.** *½ cup per serving.*

**Prep time:** 10 minutes

**Cook time:** 30 minutes

**Nutrition information per serving**

Calories 263, Carbohydrate 54 g, Protein 5 g,  
Total Fat 3 g, Saturated Fat 1 g, Cholesterol 17 mg,  
Sodium 47 mg, Dietary Fiber 2 g

### Ingredients

- nonstick cooking spray
- 2½ cups cooked white rice
- ¼ cup granulated sugar
- 2 tablespoons margarine, melted
- 1½ cups 1% lowfat milk
- 1 egg
- 1 egg white
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon ground nutmeg
- ½ cup raisins
- 5 cups fruit, such as sliced strawberries, blueberries, or chopped mangos

### Preparation

1. Heat oven to 350°F. Spray a 13 x 9-inch baking dish with nonstick cooking spray.
2. Combine rice, sugar, margarine, milk, eggs, cinnamon, nutmeg, and raisins. Mix well.
3. Pour into baking dish. Bake in oven until top is golden brown, approximately 30 minutes. Top pudding with fruit.

